



## Hobbies



Hobbies can be beneficial in so many ways. They can recharge your batteries, give you a break from your responsibilities, give you something to look forward to and be excited about, bring a sense of fulfillment to your life, form friendships, and bring fun to your world.

Find hobbies that interest you, make you smile, make you excited, bring a positive energy at just the thought of it. Hobbies can make all the difference in your happiness and satisfaction with life.